

10 things to say instead of  
"I'm Sorry"  
when death or loss happens

one

I'm here for you

two

How can I help?

three

You have my support

four

You are not alone

five

I'm here to listen

six

Thinking of you

seven

My heart is with you

eight

I'm holding sacred space for you

nine

I'm feeling with you

ten

My prayers are with you